

# media release

*Colorado Department of Agriculture*

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## **FOR IMMEDIATE RELEASE**

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### ***Apples Pack a Nutritious Crunch***

BROOMFIELD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month the recipe features apples in the **Colorado Apple Pancakes** recipe.

#### **Available Now...Apples**

Colorado's high altitude orchards feature warm days with intense sunlight and cool nights with mountain fresh air. In 2012 Colorado produced 17 million pounds of apples valued at nearly \$5 million. Select apples that have a fresh smell and are firm, shiny and smooth-skinned. Apples are sodium free, fat free and are a good source of fiber. Look for fresh Colorado apples at your local grocery store, farmers' market or on menus at restaurants across the state.

#### **Colorado Apple Pancakes**

*Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District and 5280 Culinary, LLC*

1/2 stick Salted Butter

4 Apples, cored, peeled and shredded

1/4 cup Sugar

1 tbsp. Cinnamon

12 Eggs

1 cup Whole Milk

1 1/2 cups All Purpose Flour

1/4 cup Apple Cider

2 tbsp. Vanilla Paste

1 tsp. Baking Soda

2 tsp. Baking Powder, double acting

Heat a sauté pan, add butter and melt then add the shredded apple, sugar and cinnamon and sauté until the apples are soft and start to caramelize. Remove from heat and allow to cool to room temperature.

**For the Batter:**

Sift the flour, baking soda and baking powder into a large mixing bowl. Add the eggs, milk and cider and mix well. Add the cooled apple mixture and vanilla paste and mix well using a rubber spatula. Heat your skillet, apply cooking spray then pour batter and cook.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

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